RELIGIOUS NEWS

Adams Avenue Chapel.

During the week, services at the Adams avenue Chapel, New York street, of an unusually interesting nature have been rendered. On Tuesday evening the choir of the Green Ridge Presbyterian church gave a very suc-cessful concert of sacred music which was most highly appreciated by all who were present. At the close, the Rev. James Hughes thanked them very heartly, in the name of the workers at the chapel. The committee then served the choir with light refreshments.

On Christmas day a large number of children, trained by Mrs. Hughes, rendered with much credite, a series of sacred songs suitable for the occasion at 10:30 a. m. This will be reproduced at the morning service on the first Sabbath in the New Year.

The work of painting the exterior of the chapel was completed during the early part of the week. The place now presents a very attractive appearance and the friends here are very much delighted, and truly thankful to those who have so liberally assisted them to effect this much needed renova-. . .

His Closing Sermons.

Rev. Luther Hess Waring, pastor Grace Lutheran church, corner Mulberry street and Prescott avenue, will the closing sermons of his pastorate in this city to-morrow (Sunday) morning and evening.

At the evening service he will refute the assertions that have been made in this city recently concerning Martin Luther and the causes of the great Protestant reformation of the Sixteenth century.

Religious Notes.

On account of this being Christmas week the Baptist Ministerial conference will omit their meeting for next Mon-

BLACKBOARD

LESSON HINTS

BY REV. ROBERT F. Y. PIERCE, D. D. [From Author's Notes in "The Sunday School Lemon Illustrator," Published by F. H. Revel & Co., Chicago, Ill.]

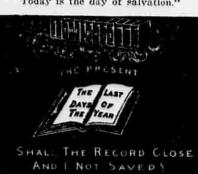
Golden Text-"Redcem the Time." This is a day for examination, meditation, confession and determination, Exgoodness and mercy of God. Confess voice of God. The ark, borne by priests, your sins to Him who has promised to was carried to the middle of the stream. your sins to Him who has promised to was carried to the middle of the stream, "abundantly pardon." Determine, God and there held until Israel had passed helping you, that from this day Christ over. Then the twelve representatives of Jesus shall be you Savior and you will the tribes took each a stone upon his

be his child. While we may not life the curtain of the coming year and see what God so kindly yells from our eyes at present, we ok backward and see the follies and mistakes and sins of our past life. As the sad, dark past comes before us, with we can fall before the great and loving heavenly Father, and plead for his for-giveness as well as for His saving mercy.



As today is the last Sunday of the old year, it seems fitting that we should give a little time to some practical thoughts on the closing of a year. This may be the last year which some of us may one, saved or unsaved Perhaps some or our scholars promised God and promised themselves at the beginning of the year that they would give heart and life to Jesus Christ; but the days and months have passed away and the promises have not been kept. Many must say, "The har vest is past and the summer is ended," and I am not saved. How impressive the thought of a dying year. Opportunities, advantages, blessings gone forever. But the year 1902 is not quite ended, a day or two remains; shall we not "Redeem shutting from our view the year, but be-fore the old year has passed away forever will not each scholar make this day a Day of Decision for Christ

"Now is the accepted time, Today is the day of salvation."



Oh, how quickly the years roll by. How slight are the changes made in the figures to indicate the New Year, as we simply change 2 to 3. The old year 1901 is dying. but the rays of light from 1963 are falling athwart our pathway. How great are the changes in our lives in this one short year. None of us have stood still. We are nearer heaven or farther away from than we were a year ago.

Dear teacher, whatever you do in prosenting the truth to your scholars today fail not to present Jesus as a personal. present Savior to each member, "There is no other name given un-der heaven whereby we can be saved." If we have slighted our privileges or neglected our opportunities, let us RE-DEEM THE TIME, so far as we are

Perhaps not all of our scholars with us now that started the year with us. Perhaps not all will be with us when

Catarrah is Curable OR NOT CURABLE.

Just exactly according to the way it is created. Let alone, doctored theoretical-ly, or through the stomach-it's a Stayer! Attacked directly with Dr. Agnew's Catarrhal Powder, it is first allevitated;

Thousands say so, from glad experience. In an acre, more or less, of the Strong-tet testimonials.

Dr. Agnew's Heart Cure relieves heart disease in 30 minutes and cures. Sold by William G. Clark and H.

1903 shall close. Press home the trut wisely and prayerfully, and plead that no one shall write opposite their names at the close of the year:

Unkept Promises. Neglected Opportunities, Slighted Privileges. Advantages Spurned. Vows Unpaid. Energies Misdirected. Doomed by Delay. Scranton, Pa.

SUNDAY-SCHOOL

LESSON FOR DEC. 28

FOURTH QUARTERLY REVIEW. Secretary of American Society of Religious Education.

INTRODUCTION.-With the exception of the eighth and twelfth-one on tem-perance and the other on Christmas-the lessons of the quarter were historical. They fall under two heads—six of them treating of Joshua, and the others of the judges. A complete study or even read-ing of the two books from which the lessons were taken would show an intimate relation, the one narrative gliding naturally into the other with but a slight break. The great captain, the successor to Moses, prepared the way for a pure theocracy, which after his decease was but imperfectly realized, chiefly because the people were not fitted for it. contact with the natives of the land tended to diminish their loyalty to Jehovah, while their tribal system afforded only a weak bond of union.

FIRST LESSON .- Oct. 5. "Joshua Encouraged." Joshua, i, 1-11.—God spoke directly to Joshua as He had done with his illustrious predecessor. The scope of the divine address briefly outlined the duty and policy of the new leader, and may be named in a few points: 1. The call to cross the Jordan and enter Canaan. 2. The new bestowal of the country with prescribed boundaries, as it was given centuries before to Abraham. 3. The condition of ownership-conquest and posses-sion. 4. The promise of victory over the inhabitants of the land because of the divine presence, the one sure support. 5. The charge to be strong and courageous. The direction to meditate in the law.

SECOND LESSON.—Oct. 12. "Crossing the Jordan," Joshua, iii, 9-iv, 7.—The prompt response of Joshua to the Lord's nstruction revealed his character as worthy of the trust committed to him, describing the mode of the crossing, and appointing twelve men, one out of each tribe, to make a memorial of the event. The complete fulfillment of his word showed that he had indeed heard the shoulder and bore it to the west side.

THIRD LESSON .- Oct. 10, "The Fall of Jericho." Joshua, vi. 8-20.—Very soon af-ter the crossing a remarkable event showed not only the mode of conquest, but also the presence of God with the people. Israel was led to the plain near one of the best fortified cities of the land, a stronghold supposed to be impregnable. If it could be taken every heart would be made ready for any subsequent attempt. But the reduction of the city was to be accomplished in such as manner as to convince all that it had not been done by he military power of Israel, but by th interposition of the Almighty. A proces-sion moved seven times around the place and on the seventh round a great shout made and the walls fell down flat.

FOURTH LESSON .- Oct. 26. "Joshus and Caleb," Joshua, xiv. 5-15.-When the spics were sent out to view the land, by the direction of Moses, two only returned with a good report, having faith in God. While the other ten perished in the wilmess during the wandering, these two faithful souls were rewarded by being permitted to enter the promised land. The conquest having been completed an alotment of the territory to the tribes appropriately followed. Caleb, one of the spies, of the tribe of Judah, then eighty years old, came to his companion and asked what was promptly given, possession in the southern country

FIFTH LESSON .- Nov. 2 ,"Cities of Refuge," Joshua, xx, 1-9.—The practice of personal revenge was common throughout the ancient world. If one man slew another, the relatives of the latter were expected to pursue the murderer and put o death. This generally brought justice to the man-slayer and in him to death. certain conditions of society worked little harm to any one. But in the settlemen of Israel in Canaan a fixed form of gov ernment was established and all relation n life were regulated by statute. enses were punishable only by law, and that involved a conviction before a com-petent tribunal. In effecting this change certain cities were appointed to which on might flee and await a trial.

SIXTH LESSON.-No. 9, "Joshua Parting Advice," Joshua, xxiv, 14-25,-The death of a great man is a seriou loss, often a calamity, to a people. Joshua had so faithfully discharged the duties of his high office, as captain and judge, as to merit and receive the affec-tion of all. With fatherly tenderness when he was about to depart he called a public assembly at Shechem, and there sought to impress upon the officers of th government the solemn obligations that rested upon them. His address called all to fear and serve the Lord, as the funda condition of national prosperity He required them then and there to avov or renounce their loyalty to Jehovah. to be steadfast. Having so affirmed this a covenant was made.

SEVENTH LESSON.-Nov. 16, "The Time of the Judges," Judges, ii, 7-19.—This brief extract does not fully describe the condition of Israel during the period that followed the death of Joshua, commonly called the period of thus, commonly called the period of thus, monly called the period of the judges. It does, libwever, refer to the chief influ-

remperance Lessons," Isaiah, xxviii. 1-18.
—It is a noteworthy circumstance that a prophet of Israel, living B. C. 725, should be employed to teach temperance to the people of this generation. The words written twenty-six centuries ago on the subject are just as appropriate as the most advanced utterance of our time, made by scientists and reformers. The drink habit basts and reformers. The subject are just as appropriate as the most advanced utterance of our time, made by scientists and reformers. The drink habit here condemned, practiced in Samaria, brought upon the land the same same common in our day. Human, with the land the same street land evils as are common in our day. Humanity is substantially the same in all ages and lands. Vices that drag one people down appear to curse the peoples. It is down appear to curse the peoples. It is the same old story, told again and again, but little heeded. The warning voice of the past scarcely moves the

NINTH LESSON.—Nov. 30, "Gideon and the Three Hundred," Judges, vii, 1-8, 16-21. —Two hundred years after the death of

by the Midianites, a people living in the southeast of Canaan. They were descended from Abraham by Keturab. It was among them that Moses found an asylum when he fled from Egypt. (Sxodus, ii, f5.) Later they became troublesome and Moses was commanded to smite them. (Numbers, xxv, 17.) A warnelike and wealthy people they became like and wealthy people they became strong and covered the land like grasshoppers. Their exactions of grain and cattle impoverished Israel, and God heard the cry of His people and raised up a deliverer. Yet imposed conditions that clearly proved to all that the Aimighty had wrought against the national enemy

and brought to them security.

TENTH LESSON .- Dec. 7. "Ruth and Naomi," Ruth, 1, 16-22.—A mother-in-law and a daughter-in-law, two widows, 4 Jewess and a Moabitess, passing through sore bereavement cling together and make their journey to the old home of the former. The other woman out of affection for the younger, seeks to persuade her to re-turn to the land of her fathers, fearing that in Israel she will find little comfort But the latter could not be persuaded With remarkable steadfastness she follows on, professing personal attachment and confessing the new faith. The arrival at the destination is described in pathetic terms. Naomi contrasts her present with her past.

ELEVENTH LESSON.—Dec. 14., "The Boy Samuel," I Samuel, iii, 1-14.—In the year 1165 B. C. Eli, a descendant of Aaron, filled the two offices of high priest and judge in Ismel. Because of the wicked-ness of his sons, and his neglect of parental discipline, God determined to transfer these governmental functions to another of entirely different line. When a mere child, Samuel was brought up by his mother to minister before Ell. Our lesson describes the manner of his selec-tion as successor. It was in the night when a voice called him which he did not at first understand. At the third call the oy answered and God delivered the comnission. We have here one mode by which under the old dispensation selecion was made of persons for holy service, a mode adopted to secure greater

TWELFTH LESSON.-Dec. 21. "Christ mas," Luke, ii, 8-20.—This is the story of the shepherds doing homage to the infant will enable one to recall the entire nar rative: 1. The night scene, the shepherds with their flocks on the plain. 2. The sudden appearance of the angel of the Lord and the supernatural phenomenou of effulgence. 3. The speech of the angel seeking to allay their fears, and announ ing the event of good tidings to be received with great joy. 4. The declaration of the birth of the Saviour, the Christ, the Son of David. 5. The announcement of the manger cradle, 6. The appearance of the heavenly host praising God. 7. Th visit of the shepherds to Bethlehem. 8 The report given by them to others. The astonishment felt by all. 10. The silence of Mary.

REFLECTIONS .- Summary statements for the several lessons, valuable to our time, may be given as follows: 1. A good man appointed leader in a great cause Entrance into new possessions leads often through difficulties and God prepares the way. 3. The obstacles to success, like the walls of a city, may be thrown down by the power that guides a good man. 4. The man of faith may ned to wait many years, but he shall not lose his reward 5. There is a place of refuge for every inner. 6. The good man's last words ar full of wisdom. 7. The people who forget God fall into great trouble. 8. Strong drink destroys. 9. God can conquer a mighty host with a few who trust Him. 9. God can conquer 0. One may well surrender a heather home for one with God's people. 1i. A child may enter God's service. 12. Wise men honor Jesus Christ.

SERVICES IN THE VARIOUS CHURCHES

METHODIST EPISCOPAL. Ehn Park church-Rev. Dr. E. M. Gifin, pastor. Preaching by pastor at 16,30 m.; Sunday school at 2 p. m.; Junior eague at 3.30 p. m.: Senior league at 6.30 . m. At 7.30 the pastor will speak on the

Endless Procession. Simpson Methodist Episcopal church-Preaching at 10.30 a. m., by the pastor. Special music by the Christmas chorus at the morning service. In the evening the large chorus choir, under the direction of Prof. W. W. Jones, will render a programme of Christmas music, consisting of solos, duets, quartettes, anthems, etc. A rare treat is in store for these who atetnd. Sunday school at 12 m. Missionary Day in the Sunday school. Junior League at 3 p. m.; Epworth League at 6.30 p. m. All invited, Embury Methodist Episcopal church—

Rev. James Benninger, pastor. Preaching at 10.30 a. m., subject. "1902 in the Balance;" class meeting, 11.30 a. m.; Sunday school at 2 p. m.; Epworth League at 6.30 p. m., leader, Mrs. B. F. Stone; evening preaching service at 7.30, subject the Darkness of the Past Year Into the Light of the New.'

Asbury Methodist Episcopal church, cor-ner Delaware and Monsey-Rev. Charles A. Benjamin, pastor. Preaching at 10.30 by the pastor; subject, "Divine Manifes-tations;" at 7.30 p. m., "The Dying Year." Brotherhood at 9.30 a. m.; Sunday school at 2.30 p. m.; League at 6.30 p. m. Seats free and all are welcome. Watch Night Wednesday evening at 8 o'clock.
Providence Methodist Episcopal church

-Rev. George A. Cure, pastor. The Brotherhood of St. Paul meet at 16 a. m.; preaching at 10.30; Sunday school at 2 p. m.; Epworth league at 6.45, topic Heavenly Home and the Way." Austin Whitaker, leader, Preaching at 7.30 p. m., subject: "Looking Forward." The splendid programme of Christmas music, given by Prof J. H. Cousins and the choir last Sunday, will most of it be repeated at next Sunday's services

A. M. E. church, Howard place-Dr. D. S. Bentley, pastor. Preaching, 10:30 a. m. subject: "God's Promise to Israel." Sun-day school, 2.30 p. m., review; preaching, 7.45, subject: "The Gospel of Human Brotherhood." Monday evening the stewardesses will give a musical: Tuesday evening the Ladies of the Cross Circle all. Watch meeting Wednesday night.

BAPTIST.

Penn Avenue Baptist church, Penn avenue, between Spruce and Linden streets-

First Baptist Church, South Main ave-nue, near Washburn street-Rev. J. S.

m. John Lloyd, superintendent; evening service at 7 sharp, praise and song ser-vice ied by Chorister Prof. Davis, Ser-mon of the evening will be delivered by Rev. J. Davis, pastor of the Welsh Calvinistic Methodist church, Bellevue. public are cordially invited to attend our

Green Ridge Baptist church-Preaching by the pastor, Rev. Henry S. Potter, at both services. Morning, "The World That [Continued on Page 2.]

TABLE AND KITCHEN.

PRACTICAL SUGGESTIONS ABOUT WHAT TO AND HOW TO PREPARE

CONDUCTED BY LIDA AMES WILLIS, MARQUETTE BUILDING, CHICAGO, TO WHOM ALL INOUIRIES SHOULD BE ADDRESSED.

Saturday. BREAKFAST. Cream. Creamed Potatoes Sausage

Egg Cutlets Cream Sauce Tomato Jelly and Shrimp Salad. Cereal Coffee.

Panned Hare, Giblet Sauce. Mashed Potatoes, Glazed Turnips Waldert Salad. Orange Souffle Coffee.

Sunday.

BREAKFAST. Sliced Oranges and Bananas. Broiled Quall. Waffles. Baked Sweets Maple Syrup. Coffee. DINNER. Chicken Soup a la Reine. Saddle of Mutton. Oyster and Caper Sauce. tatoes. Brussels Sprout Lettuce Salad. reamed Potatoes

Fige Ice Cream. Cake SUPPER. Deviled Crab Meat en Cronstarde. Celery.

Monday.

BREAKFAST. Cereal Cream. lain Omelet. Tomato Sauce German Fried Potatoes. Rolls. Coffee LUNCH. Finnan Haddle Flaked in Cream. Escalloped Potatoes. Coffee Cake.

Ten. DINNER. Clum Bouillon. Green Pen Macaroni au Gratin.

BREAKFAST Grape Fruit . Cream Gravy. Corn bread. Coffice. LUNCH.

Cottage Cheese. Cranberry Tarts Cereal Coffee. DINNER. Mashed Potatoe

THE ROSE AMONG ROOTS.

"The Feasts of Autolycus" we have this in praise of the onion: "The secret of good cookery lies in the discreet and sympathetic treatment of the onion. For what culinary mas terpiece is there that may not be improved by it? It gives vivacity to soup, life to sauce; it is the 'poetic soul' of the salad bowl; the touch of romance in the well-cooked vegetable. To it, sturdiest joint and lightest stew, erisp rissole and stimulating stuffing look for inspiration and charm-and never are they disappointed. But woe Rev. H. C. McDermott, D. D., pastor, betide the unwary woman who would approach it for sacrilegious ends. If life holds nothing better than the onion in the right hand, it offers nothing sadder and more degrading than the onion brutalized. Wide is the gulf fixed be tween the delicate sauce of a Prince de sage and onion mess of the strand."

Soubise, and the coarse, unsavory sau-In all the vegetable world there are perhaps none so unjustly maligned, so unfairly treated, or one that possesses so many medicinal qualities as this embodiment of gastronomic virtues. True the unadulterated odor is strong, penetrating, and as in the case of our common onion, scents the atmosphere even to rankness, especially when used with untrained lavishness, which exaggerates its virtues until they become it

Do not attempt to cultivate a liking for the onion by beginning with the flavor of garlie, the strongest of the numerous onion family. But train the taste as you would the eye unaccustomed to brilliancy in coloring, and lead up from the milder species-such as the Spanish onion, which may be likened to soft-toned gravy, to the vividly-flavored favorite of Provence. The spirit of the onion, which pervades the atmosphere so pronouncedly, is due to the volatile oil, the sulphide of allyl In cooking, the greater part of this is driven off; but there are other compounds containing sulphur, which remain, so that the quality, which is a strong medicinal agent, is not lost,

The value of all foods are very greatly determined by their flavor. The food may contain sufficient amount of nutrients, but if it possesses little or no flavor, its value as a common article will entertain. A cordial welcome to of food is lost. Organs of taste, when quite normal, are able to distinguish a great number of different flavors. So sensitive are these organs that they invariably become vitiated It does, intowever, refer to the chief influence that were operating for and against the public welfare. There is first a mention of the fact that in the days of Joshua and of contemporary elders who survived him the people served the Lord, remaining true to the vow which had been made. But the succeeding generation having no personal knowledge of Jehovah, departed into idolatry, and served Baalim, the god of the land. As a result, God punished them by delivering them into the hands of enamies, but in mercy at intervals raised up deliverers.

Indeed, Preaching, Strangers cordially welcomed. Preaching, seasoned cookery and injudicious uses the pastor, Rev. Robert F. Y. Pierce, D. D. Morning prayers in the lower temple at 9.45. Theme of the morning sermon, "Looking Backward," Sunday school at 2 o'clock and at the Amerman Memorial mission at 2.20 p. m. Young People's Society of Christian Endeavor at 6.30. Theme of the sermon at the "Bright Industry of the service following the service." "Ring Out the Old, Ring in the New." Evangelistic service following the sermon. Watch Night services on Wednesday evening. of the sensory organs concerned in their appreciation should be attended to. In cultivating the sense of taste one must not overlook the fact that the sense of smell is almost inseparable from that of taste. This is made very apparent when the functions of the nose are suspended for a time.

cause satiety from its constant use.

The shallot for use in flavoring scuces and salads, is favored more by those of very refined tastes, as it gives

SUGGESTED MENUS.

Maple Syrup. point. Buckwheat Cakes Coffee. LUNCH. Oyster Bisque.

DINNER.

Sweet Bread Salad.

old Sliced Mutton. Deep Apple Pie, Cheese Coffee

Tuesday.

Buttered Beets. String Bean Salad. Peach Tapioca.

gravest faults.

Many of our so-called tastes are really the appreciation of odors alone, and others are combinations of both taste and smell. The food that is enjoyed with the keenest relish is that which appeals to both. Deprive meat of its flavoring properties and it will soon become so distasteful that it will produc mausea. The natural flavor produced in yeast bread is complex and very agreeable and for this reason does not

a more subtle and suggestive flavor and is much less assertive than either the onion or garlice. But the onion served es a vegetable dish is most excellent and no one need be the wiser if you eat boiled onions, providing in the cooking you keep themjust below the boiling

In the use of onions in cooking there seems to be two designs-to use it chiefly as a seasoning; and to discover by the combination of aromatic ingredients and other concomitants, ways and means to serve it up as a substantial savory dish. The cooked onion takes a much higher place as a vegetable than the raw.

The Onion as a Medicinal Agent.

While it is generally known that a boiled Spanish onion is "good for a cold," it may not be so well known that it is valuable in chronic bronchitis, it acts as an expectorant, relieving the tubes, when eaten quite freely, as much as would any official preparation. The uncooked onion, cut fine and eaten immediately, is still more powerful, but is apt to irritate a delicate stomach. The raw onlon is rather difficult to dissolve and the oil acts as an irritant. The following remedy has been tried with success in grave cases of capillary bronchitis affecting chilwork rapidly; place in a thin, soft musa great part of the sulphide of allyl and oven and bake for twenty minutes. the skin absorbs a certain amount and under the influence of this powerful drug the patient will fall asleep, the expectorations become freer, the are cut as they are great absorbents sage. disease germs.

An old-fashioned remedy for ear-ache is well worth remembering when one has the care of little children, as a few drops of the juice of a roasted onion will instantly relieve the pain, according to good authority, as the sufferer invariably falls into a refreshing sleep and awakes free from pain. Wrap the enion in heavy wet paper and roast it as quickly as possible, covering- it with coals, if this method is practical; in a very short time it will be tender and the fuice may be squeezed out into a spoon and while warm dropped into

All kinds of onions are recommended ing water, salted, and parboll them; dietically in acne. In fact, the much then throw into cold water, dry, and traduced onion is a blessing to man- scoop out the insides; fill them with kind when it receives discreet and con- the following mixture: Take equal

Buttered Spanish Onions.

Choose large Spanish onions, peel them carefully so as to remove only the outer thin skin; cut about an inch off the tops and with a sharp knife make a large hole in the middle of be used, but veal is preferable-cut desired a little curry powder. When thick; season with salt and pepper to buttered pan and bake slowly, bast- to serve, one egg slightly beaten, ng with melted butter. When they are thoroughly done, remove the string and Roast Onions to Serve with Meat serve them on thick slices of toast.

Stuffed Onions.

few bread crumbs, a seasoning of salt and pepper and fill the onlons with the lops. stuffing; put them in a baking dish with a little hot water and brown them nicely in the oven; or place them in a saucepan with a little good beef stock,

NONE SUCH Mince ple "like mother used to make can be made only in one way-that is of

NONE SUCH MINCE MEAT. In the preparation of this article of food the secret has been discovered of making the cooked product taste as it did at home. In the first place mother's way was clean; so is ours-that above everything else. In mother's pies only the best materials were combined. She was right. We follow her example, but lessen the cost by buying by the car load what she bought by the pound. A ten-cent package makes two pies-"the kind mother used to make" -none other. It can be cooked for plum pudding or fruit cake, too, and is delicious served that way. Over 12,000,000 packages sold last year.

NONE SUCH stands alone-nothing equal to it in either condensed or wet mince meat not branded NONE SUCH. Put up in airtight cartons containing 214 pounds of mines mest when ready for the oven. All grocers. Merrell-Soule Co., Syracuse, N. Y. Valuable premium list of "1867 Rogers Bros."

MINCE MEAT

cover and simmer them a few minutes Serve very hot.

Onions au Gratin.

Boil three or four onions for one hour dren: Cut up two or three large onions in two quarts of salted water. Then as fine as possible in order to do the pour off the water and cut up the onions. Put them into a baking dish lin bag and lay on the chest; cover and pour over them half a pint of with a folded towel and bandage in po- cream sauce; cover with half a cup of sition. It may be allowed to remain grated bread crumbs and dot these for several hours. The patient inhales with bits of butter. Place in a quick

Escalloped Onions

Boil onions in salted boiling water to which a little milk has been added unbreathing easier, the skin moist with til they are tender. Then drain, reperspiration, the temperature falls and serving the liquid for making soup, and the danger is overcome. In preparing put the onions into a baking dish in raw onions for use dietetically, they alternate layers with bread crumbs, must not be allowed to stand after they salt, pepper, and a dash of powdered Dot each layer of crumbs and also quickly yield their peculiar with bits of butter. Pour over the oils. Thus losing strength and also fur- whole a half a cup of milk. Cover the nishing possible agents for transferring top with crumbs and bits of butter. Bake a light brown and serve very hot.

Fried Apples and Onions.

Take twice as many tart apples as onions. Slice the apples without paring; also slice the onions very fine and fry together in butter, keeping the par covered to hold the steam, which will prevent burning. While cooking sprinkle slightly with sugar to give additional flavor to the dish.

Onions a la Don Carlos

Cut a thick slice from the root end of Spanish onions and place them in boiland mix together with the yolk of egg. Stew them until done in good brown gravy or broth and when done serve them on thin slices of broiled ham,

Onion Rosst Select large onlons of uniform size; each onion-or carefully remove the do not peel them, but roast them in hearts of the onions. Fill with the fol- their "jackets;" then when tender reowing stuffing: Cut into small squares move the skins and lay them in a pieces some veal kidneys-others may heated, covered dish and pour over them the following sauce: Melt two also into pieces some quantity of the level tablespoonfuls of butter in a best bacon, chop separately some pars- saucepan, but do not let it color; stir ey and a little suet; mix all together, into a smooth paste the same quantity adding salt, pepper and cayenne to suit of flour and then add a cup of milk the taste, some mixed herbs, and if and stir until the sauce is smooth and the onions are filled, their tops should taste, a tablespoonful of minced parse replaced and secured with a string ley, a teaspoonful of lemon juice, and : little wooden skewers. Put them in add just before removing from the fire

Cakes. Peel the onions and steam them for me and one-half hours. Then place Remove the skin from six or eight them in a baking pan with a little driplarge onions; parboll and drain, then pings and sprinkle with salt and a little dip out the hearts of each, leaving the sugar over the top to make them glaze firm shell. Chop the inner portion; mix | nicely. Bake them in a quick oven unit with a little finely minced bacon, a til brown and then serve them as a border around the meat cakes or col-

> Mashed Onions, Soubise Style. Peel a dozen onions, blanch and

with enough chicken broth to cover them nicely. Simmer them slowly until they are done, but do not allow them to take color. Add a cup of bechamel sauce and let it cook until well reduced and thick, then rub the whole through a sieve. Add a little butter and a piece of chicken glaze, season to taste and serve.

This is a German dish and is really an onion pie. Slice six Spanish onions into a saucepan with enough butter added to fry them a golden brown. Cover the pan and when the onions are tender add a cup of rich milk, or milk and cream in equal proportions; one egg benten and stirred with a tablespoonful of flour and a little of the cold milk. Season with a half teaspoonful of salt and eighth of a teaspoonful of pepper. Have ready a deep baking plate lined with plain pie crust; turn in the onion mixture; cover . the top with buttered bread crumbs, but no upper crust. Place in the oven and brown the top nicely. Have the crust well baked before filling it with the onion mixture and then bake just long enough to brown and make very hot for serving.

Glazed Onions.

Peel small onions and put them in a saucepan with a little warmed butter: and salt and a very little sugar and pour over a little stock. Place them over a moderate fire and cook slowly until they are quite tender and the outside nicely browned; then remove them to a hot dish; make a brown sauce with a little of the liquor, to

Onion Sauce.

onions and put them in a stewpan with cold water and let come to a boil; then pour the water off; cover with boiling water and let simmer five minutes; then pour off the water and renew again. If this is repeated several times the onions will be quite mild in flavor. Add a little salt to each water. When the onions are done drain them well and rub through a sieve and add them to a cream sauce, or they may be chopped up very fine and mixed with melted butter and served as a sauce in this manner. This sauce is generally served with boiled shoulder or roast of mut-

ton, ducks, rabbit or with tripe, A Multiplication-Addition Table.

From Success. The following table was worked out by a Harvard professor. It is interesting to look at, but one is thankful that it is not included among the multiplication

12 times 9 plus 3 equals 111 123 times 9 plus 4 equals 1117. 1234 times 9 plus 5 equals 11111. 12345 times 9 plus 6 equals 111111. 123455 times 9 plus 7 equals 1111111. 1234567 times 9 plus \$ equals 11111111. 234567\$ times 9 plus 9 equals 111111111. time & plus 1 equals 9. 12 times 8 plus 2 equals 28. 123 times 8 plus 3 equals 987. 1234 times 8 plus 3 equals 9876. 123456 times 8 plus 6 equals 987654 1224567 times 8 plus 7 equals 9816543. 12245678 times 8 plus 8 equals 98765432

1 time 9 plus 2 equals 11.

A Most Delicious Dessert There is no toast that compares in crisp delicacy to that made with Shredded Whole Wheat Biscuit.

drain them. Put them into a saucepan 123456789 times 8 plus 9 equals 987654321.

The following simple "course-before-coffee" is much in vogue with club men everywhere. The simplicity of preparation and the little cost together with the delicious taste of the compotes makes this dessert in rare favor the Preserves

you have in the house and

SHREDDED Valle A T **BISCUI**

"Simply Delicious."

For Jacet Cake—With sharp knife split the SHREDDED WHOLE WHEAT BISCUITS lengthwise: prepare pineapple as for sauce (or bananas or mixed fruit, and set aside.) When serving, arrange halves in layers covered with fruit and add Sugar and whipped cream.

Send for "The Vital Question," (Cook Book, illustrated in colors,)
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Unlike white bread toast or cereal foods made of part of the wheat, it wholly nourishes the whole body. Parents who are in earnest about building their children into strong healthful men and women will supply this true food. Split and slightly toast the Biscuit and then serve with imported jam or preserved berries or plums or jellies. Simple, isn't it? Your verdict will be SHREDDED WHOLE WHEAT BISCUIT is sold by all grocers.